

UEG Code of Points 2017 - 2020 - TeamGym

















Appendix 1 - Floor Difficulty Values

1 BALANCES

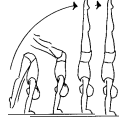

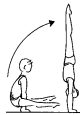
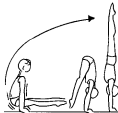

The text contains the definition of the element and the pictures is a guideline.

1.1A Dynamic Balances - Pirouettes

The Pirouette must be performed on one foot, on toes. The rotation must be totally fulfilled, measured at the hips (tolerance to get the full difficulty value is $\leq 45^\circ$ under and over rotation). The turn must not be done by jumping, but a slight hop to maintain balance during the pirouette is allowed. Optional placements of the free leg and arms.

Pirouettes	0.2	0.4	0.6	0.8	1.0	1.2
Forwards	DB201 → ○  360°	DB401 → ∅  540°	DB601 → ⊗  720°	DB801 → ⊗  900°		DB1201 → ⊗  1080°
Backwards	DB202 ← ○  360°	DB402 ← ∅  540°	DB602 ← ⊗  720°	DB802 ← ⊗  900°		DB1202 ← ⊗  1080°
Forwards Free leg with hand support 90°		DB403 → ♂  360°		DB803 → ♂  540°	DB1003 → ⊗  720°	
Forwards Free leg without hand support 90°			DB604 → ♂  360°		DB1004 → ∅  540°	DB1204 → ⊗  720°

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1.1B Dynamic Balances - Power Elements						
The starting and finishing positions must be clearly visible. Movement must be controlled and performed without a pause.						
Power Elements	0.6	0.8	1.0	1.2	1.4	1.6
Press up to handstand With bent legs together or split straight legs. Starting position is optional.			DB1005 ✓ arms straight 			
Press up to handstand From optional starting position press to handstand. Straight legs together.				DB1206 ? arms straight 		
Press up to handstand from straddle pike sitting support From a straddle pike sitting support press to handstand with straight legs.					DB1407 ✓ arms straight 	
Press up to handstand from pike sitting support Press to handstand with optional leg position.					DB1408 ✗ 	DB1608 6! 45°-90° 

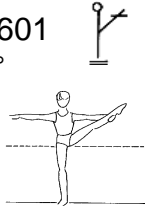


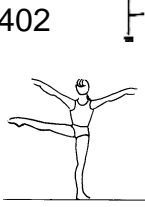
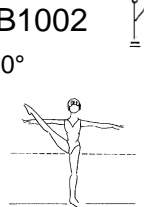

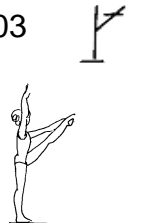


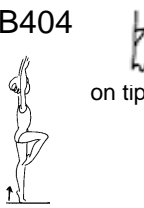

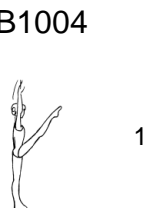
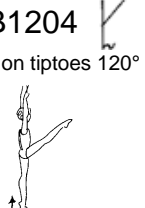
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Power Elements Continued	0.6	0.8	1.0	1.2	1.4	1.6
Headstand to planche From a controlled headstand, body straight, lowering to a planche on elbows. Legs together and straight.		DB809 				
From handstand to support From a controlled handstand, to a "spider support"/ a planche (body straight) on elbows/ a planche with straight arms. Legs straight (not in DB810). Legs may be separated.		DB810 		DB1210 		DB1610
From handstand to straddle pike or pike sitting support Lowering from handstand to straddle pike/ pike sitting support. Legs straight.				DB1211 	DB1411 Legs together	DB1611 Legs together 45°-90°
Circles The turn is measured from the legs. Tolerance to get the full difficulty value is 45° under or over rotation. Legs and feet must be off the ground.		DB812 Double leg circles, one round 	DB1012 Double leg circles ≥2 rounds 		DB1412 Flared leg circles 2 rounds 	
Russian wendel-swing The full turn (360°) is measured from the shoulders. Tolerance to get the full difficulty value is 45° under or over rotation. Legs and feet must be off the ground.			DB1013 			

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1.2 Standing Balances

Standing balances must stay at least 2 seconds in a static position. Leg separation requirements need to be fulfilled (15° tolerance). Both legs straight (15° tolerance, not applicable to lifting leg in SB404)

Standing Balances	0.2	0.4	0.6	0.8	1.0	1.2
Side balance with help of hand Free leg on the side with help of hand. Body in upright position. Leg separation/ tiptoes position defines the element.			SB601 120° 		SB1001 on tiptoes 120° 	SB1201 180° 
Side balance without help of hands Free leg on the side with help of hand. Body in upright position. Leg separation/ tiptoes position defines the element.		SB402 90° 			SB1002 120° 	SB1202 on tiptoes 120° 
Frontal balance Free leg in front with help of hand/ hands. Leg separation/ tiptoes position defines the element.			SB603 120° 		SB1003 on tiptoes 120° 	
Frontal balance Free leg in front without help of hand/ hands. Leg separation/ tiptoes position defines the element.	SB204 	SB404 on tiptoes 	SB604 on tiptoes 90° 		SB1004 120° 	SB1204 on tiptoes 120° 

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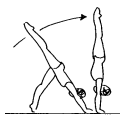










Standing Balances Continued	0.2	0.4	0.6	0.8	1.0	1.2
Side balance Upper body at horizontal, free leg to the side. Heel defines the angle to the hip. Leg separation defines the element.			SB605 90°	SB805 120°		
Scale Upper body must be 90° or above. Leg separation/ tiptoes position defines the element.		SB406 90°			SB1006 120°	SB1206 on tiptoes 120°
Scale sideways Shoulders and the hip must both be sideways, in the same direction. Upper body must be 90° or above. The heel defines the angle to the hip.				SB807 90°		SB1207 120°

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













1.3 Hand Supportive Balances

Hand supportive balances must stay at least 2 seconds in a static position.

Hands are the only part of the body which is in contact with the floor (except HB201, HB801 and HBX06).

Hand Supportive Balances	0.2	0.4	0.6	0.8	1.0	1.2 / 1.4
Headstand/ Handstand In HB201 head is allowed on floor. In HB801 no leaning with head. Legs at or above hip level.	HB201 			HB801 		HB1201 
Planche on elbows/ straight arms, legs separated Leg separation 45°. The body is supported on both hands on elbows or straight arms. Hands may be turned out at the wrist or pointing towards the feet. The body line horizontal (15° tolerance) (Not HB202). When performing HB1202, arms must be straight (15° tolerance).	HB202 	HB402 				HB1202 
Planche on elbows/ straight arms, legs together Straight legs together (not HB403). The body is supported on both hands on elbows or straight arms. Hands may be turned out at the wrist or pointing towards the feet. The body line horizontal (15° tolerance). When performing HB1403, arms must be straight (15° tolerance).		HB403 	HB603 			HB1403 
Straddle pike sitting-support Straight legs. Hands can be placed in front or back or front and back, leg separation 45°. When legs lifted higher than parallel to the floor NO LEANING on arms is allowed. Both hands are placed at the side of the body, close to the hips. Body is supported with only the hands in contact with the floor.	HB204 	HB404 	HB604  45°	HB804  90°		

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Hand Supportive Balances Cont'd	0.2	0.4	0.6	0.8	1.0	1.2 / 1.4
Pike sitting- support Straight legs together. When legs are lifted higher than parallel to the floor NO LEANING on arms is allowed. Both hands are placed at the side of the body, close to the hips. Body is supported only with the hands in contact with the floor.		HB405  		HB805   45°	HB1005   90°	
Bridge Position and angle of the free leg defines the element.	HB206  	HB406  thigh vertical 	HB606  leg 45° from vertical 	HB806  leg vertical 		

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2 JUMPS

The text contains the definition of the element and the picture is a guideline.














2.1A Jumps / Hops

A Jump takes off from two feet and lands on one or two feet or front laying support.


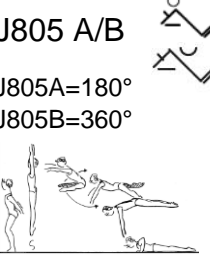



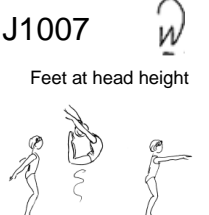
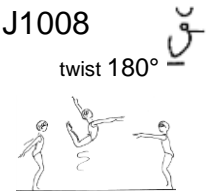
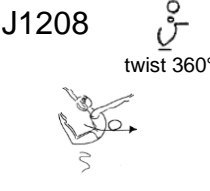
A Hop takes off from one foot and lands on the same foot or front laying support.

A recognised shape (position) must be formed in the air. No more than three steps (walking/ running) are allowed before a jump or hop.

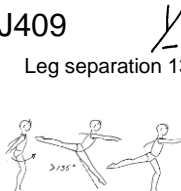
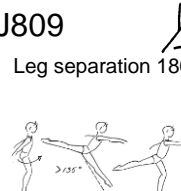
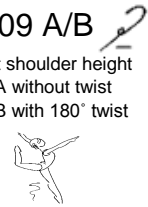

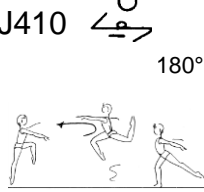


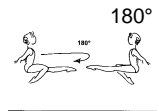
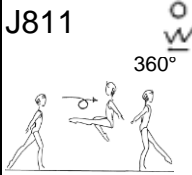

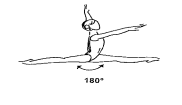



In the take off and landing, the hip defines the degree of the turn/ twist and the tolerance to get the value is 45° under and over rotation.

Jumps/Hops	0.2	0.4	0.6	0.8	1,0	1.2
Stretched jump with twisting Body straight during the flight. Twist finished in the air. Placement of arms is optional.		J401  360°	J601  540°		J1001  720°	J1201  900°
Tuck jump with or without twisting Tucked position (hip and knee angle 90°, tolerance 15°) visible during the jump. Twist finished in the air. Placement of arms is optional.			J602  360°		J1002  540°	J1202  720°
Tuck jump or hop with or without twisting to front laying support Tucked position (hip and knee angle 90°, tolerance 15°) visible during the jump. When twisting 180° turn must be ready before tucked position. When twisting 360° or more turn must be ready before landing. Body must be horizontal before landing.		J403  180°	J603  180°	J803  360°		
Straddle pike jump ^{Leg} separation 135° and clear pike 90° (tolerance in leg sep. and hip angle 15°) legs straight without a kick.			J604 	J804  180°	J1004  360°	

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Jumps/Hops Continued	0.2	0.4	0.6	0.8	1,0	1.2
Shushunova Leg separation 135° and clear pike 90° (tolerance 15° in leg separation and hip angle) before landing in front laying support. Body must be horizontal before landing. When twisting the turn must be performed during the flight.			J605 	J805 A/B  J805A=180° J805B=360°		
Pike jump or hop to front laying support Clear pike 90° (tolerance 15°) before landing in front laying support, straight legs. Body must be horizontal before landing.			J606 	J806 A/B  J806A= twist 180° J806B= twist 360°		
Sheep jump Head back. Height of the feet defines the jump. Legs may be separated. No tolerance in feet height.				J807  Feet at shoulder height	J1007  Feet at head height	
Sheep jump twisted The feet must reach the shoulder height somewhere during the jump. No tolerance in feet height. Twist must be totally performed during the flight.					J1008  twist 180°	J1208  twist 360°

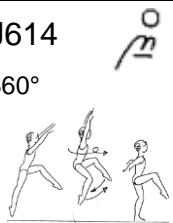
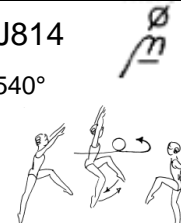
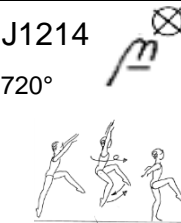
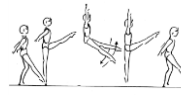
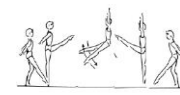
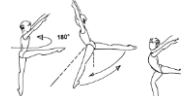


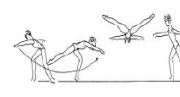
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Jumps/Hops Continued	0.2	0.4	0.6	0.8	1,0	1.2
Sissone Take off from both legs and landing on one leg. In J1209 A/B No tolerance in foot high.		J409  Leg separation 135°		J809  Leg separation 180°		J1209 A/B  Foot at shoulder height J1209A without twist J1209B with 180° twist
Double stag jump Right 'stag'-position must be visible during the jump: both legs bent 90°, leg separation 135° (tolerance 15°), height of the rear foot or twists defines the element. No tolerance in foot high. The whole turn must be fulfilled during the flight.	J210  >135°	J410  180°			J1010  Double stag ring Foot at head height	
Wolf jump or hop One leg extended, other tucked. Hip and bent knee angles 90° (tolerance 15°).	J211 	J411  180°		J811  360°		
Split jump forward First leg must be straight, no kick. Leg separation defines the jump. J1212 Horizontal ring- jump: front leg horizontal, foot at shoulder level. No tolerance in foot high.		J412  leg separation 135°		J812  leg separation 180°		J1212  leg separation 180°
Split jump forward landing to front laying support First leg must be straight, no kick. Leg separation defines the jump. Body must be horizontal before landing.				J813  leg separation 135°	J1013  leg separation 180°	


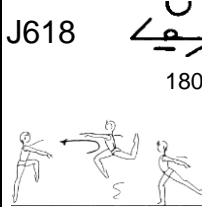
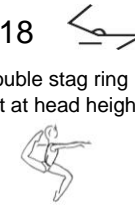
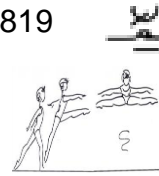
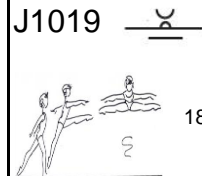
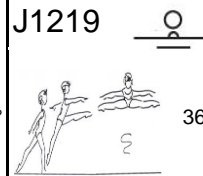
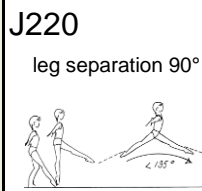
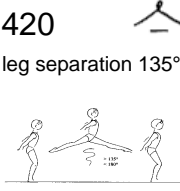
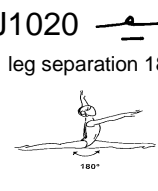
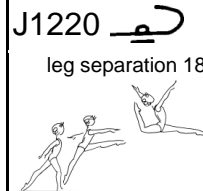
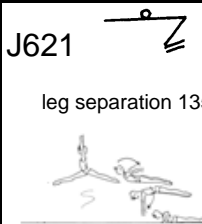
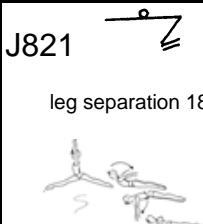
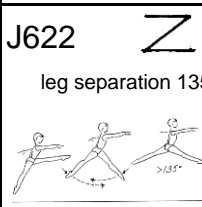
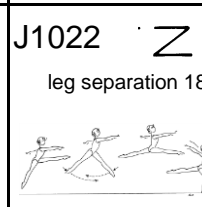
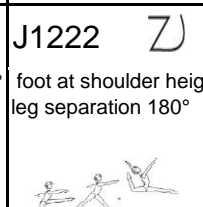
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2.1B Leaps






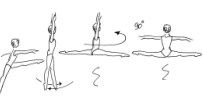

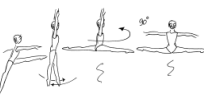

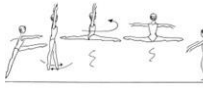

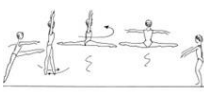
A Leap takes off from one foot and lands on the other or both feet or front laying support (not switch leaps in rows 22, 23 and 24).
A recognised shape (position) must be formed in the air. No more than three steps (walking or running) are allowed before a leap.
In the take off and landing, the hip defines the degree of the turn/ twist, and the tolerance to get the value is $\leq 45^\circ$ under and over rotation.

Leaps	0.2	0.4	0.6	0.8	1.0	1.2
Cat leap Bent legs. Leg change during the flight. Legs must reach 90° somewhere during the flight. When twisting the turn must be totally fulfilled in the air.			J614 360° 	J814 540° 		J1214 720° 
Scissors leap Straight legs. Leg change during the flight. First leg must reach 90° . J615: First vertical hop lifting first leg 90° , then turn 180° (to the direction of the take off leg) lift the other leg 120° and land to the first lifted leg. The turn must be totally fulfilled in the air.		J415 Leg separation 120° 	J615 Leg separation 120° turn 180° 			
Scissors leap 180° Straight legs. Leg change during the flight. First leg must reach 90° . Twisting during the flight. Leg separation after the turn defines the element.		J416 Leg separation 90° 			J1016 leg separation 135° 	J1216 leg separation 180° 
Butterfly upwards Upper body at horizontal, legs above horizontal level.					J1017 leg separation 90° 	




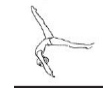









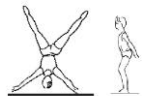









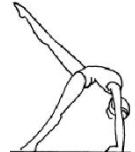


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Leaps Continued	0.2	0.4	0.6	0.8	1.0	1.2
Double stag leap Right 'stag'-position must be visible during the leap: both legs bent 90°, leg separation 135° (tolerance 15°), height of the rear foot or twists defines the element. No tolerance in foot height. The whole turn must be fulfilled during the flight.		J418 	J618  180°		J1018  Double stag ring Foot at head height	
Split leap to straddle pike position Leg separation 135° and clear pike 90° (tolerance in leg sep. and hip angle 15°) legs straight without a kick.				J819 	J1019  180°	J1219  360°
Split leap forward First leg must be straight, no kick. Leg separation defines the leap. J1220 Horizontal ring-leap: front leg horizontal, foot at shoulder level. No tolerance in foot height.	J220  leg separation 90°	J420  leg separation 135°			J1020  leg separation 180°	J1220  leg separation 180°
Split leap forward landing to front laying support First leg must be straight, no kick. Leg separation defines the value of the leap. Body must be horizontal before landing.			J621  leg separation 135°	J821  leg separation 180°		
Switch leap First leg must be straight, no kick. First leg must swing forwards at least 45° before the leg change. Leg separation after leg change defines the leap. In J1222 no tolerance in foot height.			J622  leg separation 135°		J1022  leg separation 180°	J1222  foot at shoulder height leg separation 180°









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Leaps Continued	0.2	0.4	0.6	0.8	1.0	1.2
Switch leap to front laying support First leg must be straight, no kick. First leg must swing forwards at least 45° before the leg change. Leg separation after leg change defines the leap. Body must be horizontal before landing.			J623  leg separation 135° 	J823  leg separation 180° 		
Switch leap twisting First leg must be straight, no kick. First leg must swing forwards at least 45° before the leg change. Leg separation after leg change defines the leap. Twist must be finished totally during the flight.			J624  leg separation 135° twist 90° 	J824  leg separation 180° twist 90° 	J1024  leg separation 135° twist 180° 	J1224  leg separation 180° twist 180° 

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3 ACROBATIC ELEMENTS						
The text contains the definition of the element and the picture is a guideline.						
Acrobatic Elements	0.2	0.4	0.6	0.8	1.0	1.2
Forwards		A401  handspring legs together/with leg split 		A801  free handspring 		
Forwards		A402  walk over forwards 	A602  sitting salto 	A802  	A1002  	
Backwards	A203  	A403  	A603  	A803  	A1003  	
Backwards		A404  walk over backwards 		A804  tempo salto legs separated/together 		

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Acrobatic Elements Continued	0.2	0.4	0.6	0.8	1.0	1.2
Sideways	A205  		A605  free cartwheel 	A805  salto sideways 		
Backwards twisting				A806  180° Tucked salto with 180°	A1006  360° Tucked salto with 360°	A1206 A/B/C A) Straight salto with 360° B) Straight salto with 540° C) Straight salto with 720°